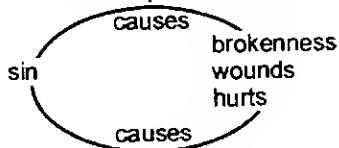


We need SOUL CARE

- We have not resolved all our emotional and relational hurts
- We need to deal with those hurts in a safe place—**Soul care groups**

Still dealing with the effects of sin

Effects of sin (cycle)



- Change will only come through truth speaking. Cannot heal what has not been revealed.
- Maturity comes from facing what needs to be confronted (and changing)
- Reveal and deal with the deep stuff of our soul

The overarching goal of Soul Care is growth and maturity.

SOUL CURE

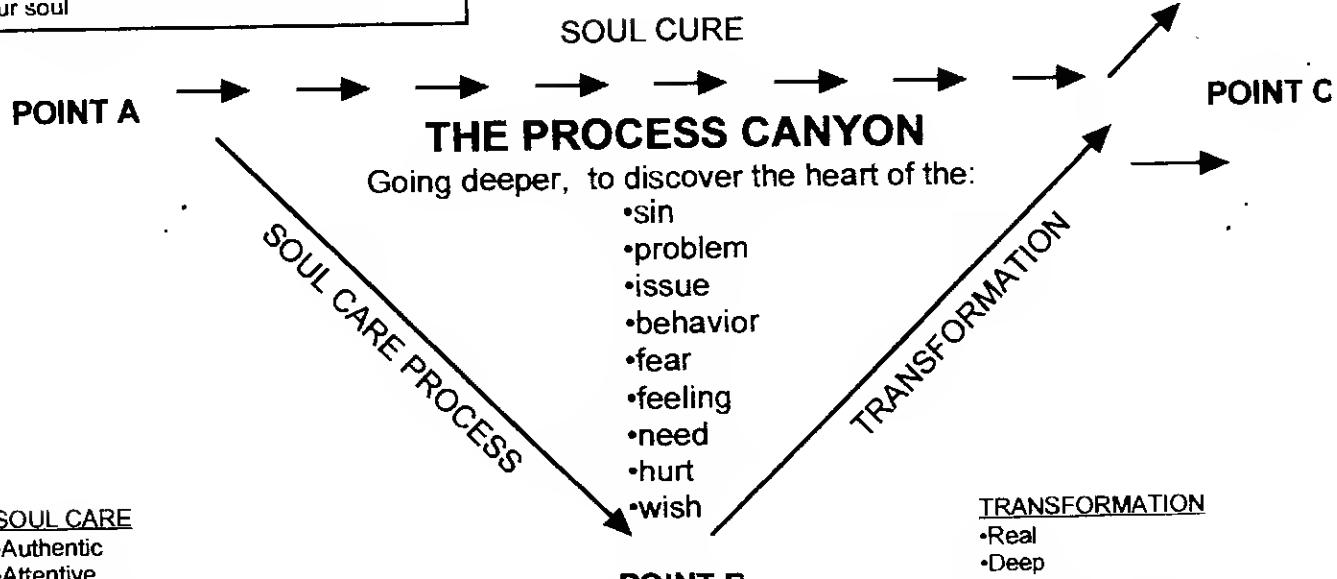
- Fixer, advice
- Cheerleader
- “God makes rain into rainbows”
- Bible answer man
- Theologians—Job’s friends
- “God’s in control”—hurtful

Spiritualizing Example:

Example:
Person leaving the church
says: "God's calling me out
of the church."
(How do you trump God?)
Need to address—"Why do
you want to leave?"

Results in

- Pseudo/superficial changes
- Spiritual IM-maturity
- Danger of hiddenness
- Fear and IN-authenticity
- No real transformation



SOUL CARE

- Authentic
- Attentive
- Listening
- Ask questions
- Encouragement
- Discovery
- Insight
 - "Why do you want to leave?"
Deal with the hurt, loneliness
 - "How have you dealt with
conflict in the past? Did you
run?"
- What's the brokenness in your heart?
- Grace and truth
 - "We love you anyway."
 - "We'll be with you, we're committed to
you."
- doesn't minimize rationalize away
problem
- doesn't avoid, faces, confronts

TRANSFORMATION

- Real
- Deep
- Lasting
- Toward spiritual maturity
- Wounded Healer (Nouwen)
- Intimacy-Likeness-Witness

The goal of being a Christian and thus the goal of small groups:

Intimacy .

1) To be intimate with Jesus.
His life, power, grace permeating every aspect of your life

Like ness

2) To be like Jesus in our nature, character & action.
In your wholeness and holiness.

Witness

3) To be Jesus to the world.
Be his clear witness to others, regardless of place, context. Intentional, proactive. Be Him to lost world.

S and D. Peich HIM 2007

(Similar to p.208-209 Figure 15.6 Curve of Adult Child Co-dependence Wounding and Recovery in *Boundaries and Relationships* by Charles L. Whitfield, M.D.

Notes and Quotes – Process 2 – Finding God’s “C”

3 Great Aims of the Christian Journey - **Intimacy - Likeness - Witness**

- **To Be Intimate with Jesus** – I.e. - to be so closely connected to Jesus that His life, power, love, and grace permeate our lives
- **To Be like Jesus** in our nature and character, as well as our actions, purpose, passions, and wholeness
- **To Be Jesus to the world** – I.e. - to be **His clear witness** to others - in all places and contexts
 - o To become *Intentionally* and *Proactively* His hands, feet, and voice; His healing and His hope in a dark and broken world

Phil. 1.6 - He who **began** a good work in us, will **thoroughly complete** it until the day of Christ Jesus

Mark 10.17 - As Jesus started on his way, a man ran up to him and fell on his knees before him. “Good teacher,” he asked, “what must I do to inherit eternal life?”

18 “Why do you call me good?” Jesus answered. “No one is good—except God alone. 19 You know the commandments: ‘Do not murder, do not commit adultery, do not steal, do not give false testimony, do not defraud, honor your father and mother.’”

20 “Teacher,” he declared, “all these I have kept since I was a boy.”

21 Jesus looked at him and loved him. “One thing you lack,” he said. “Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me.”

22 At this the man’s face fell. He went away sad, because he had great wealth.

23 Jesus looked around and said to his disciples, “How hard it is for the rich to enter the kingdom of God!”

24 The disciples were amazed at his words. But Jesus said again, “Children, how hard it is to enter the kingdom of God! 25 It is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.”

26 The disciples were even more amazed, and said to each other, “Who then can be saved?”

27 Jesus looked at them and said, “With man this is impossible, but not with God; all things are possible with God.”

Discuss and Reflect on for the week: What do **you** feel and/or experience when you confront what has to be confronted in you in order to live into the life Jesus intends?

- c Do you walk away and avoid deeper questions; deeper challenges for your spiritual life?
 - o If so, why?
 - o What are you avoiding? Protecting? What are you really desiring?
- Do you feel like if you love a friend you shouldn’t ask the hard and uncomfortable questions?
 - o If so, why?
 - o Do you struggle being on the receiving end of loving frankness? If so, why?

On the A → B and the B→ C Slopes

We are Being Real and Telling our journey to others

We are Confessing / Repenting as needed

We're praying - **Ps 139:23-24**

We're Reflecting on / dealing with Hard Questions

We're receiving from others : Healing Prayer- Wise Counsel - Dialogue - Encouragement - Exploration - Discovery – Insight

We may be in Counseling (if necessary)

We may be with others in Accountability

We are also - **Facing** Fears - Confusion - Insecurities – and **Entering** our Brokenness

We are **searching / studying / meditating** on the scriptures and Unlearning bad theologies

We are also Unlearning Unhealthy Patterns of relating to people and dealing with our emotions

We are practicing Spiritual Disciplines

We are letting go of unhealthy relationships and people in our lives – etc.

We are Transforming into the person God intended us to be